



VITAMINS & MINERALS—ARE YOU GETTING ENOUGH?

Superfoods that Will Help You Get There

Plain and simple, without a steady supply of vitamins and minerals your body and health will begin failing. Not only do vitamins and minerals help keep you fueled for the day, but they can also play a critical role in lowering the risk of certain diseases, like stroke, type 2 diabetes and some cancers. But how can you make sure you're getting all the vitamins and minerals you need? Believe it or not, you don't have to spend a fortune on supplements or multivitamins. The best and safest way to ensure your body is getting the nutrients it needs is through a healthy, balanced diet rich in whole foods.

HERE ARE FIVE SUPERFOODS THAT WILL HELP YOU GET THERE:



Plain greek-style yogurt delivers a powerful nutrition punch offering more calcium than traditional or flavored yogurts. It usually also includes twice as much protein and potassium than regular yogurt. Greek-style yogurt also offers good-for-your-gut bacteria that can help keep your digestive system healthy. Greek yogurt makes for a great breakfast, or try using it for veggies dips or in place of sour cream.



Nuts provide substantial protein, heart-healthy fats, fiber and antioxidants. A daily handful of any kind (i.e., pistachios, peanuts, walnuts, pecans) will provide you with essential nutrients. If you're looking for one variety that may stand out from the rest, reach for almonds. Almonds have more fiber than any other tree nut, and one scientific review suggested that nutrient-rich almonds may promote heart health, and may help maintain healthy cholesterol levels.



Apples deliver healthy doses of vitamin A and C as well as potassium. Moreover, the crunchy fruit contains two powerful compounds, fiber and polyphenols, which may stave off overeating and prevent chronic inflammation. Grab a tart Granny Smith apple—they contain the highest amounts of fiber and polyphenols.



One cup of **broccoli** will fuel your body with calcium, manganese, potassium, phosphorus, magnesium and iron. You'll also chew down healthy amounts of vitamins A, C, and K. Some studies have found broccoli to have anticancer properties. Add the veggie to salads or roast them as a side dish for your entrees.



Oily fish like salmon, trout, mackerel, herring and sardines are one of the few food sources that offer all-important vitamin D as well as a healthy dose of skin and eye-health promoting vitamin A. These fish also provide heart and brain-healthy omega-3 fatty acids.

Keep in mind that a variety of whole foods like fruits, vegetables and grains are the key to ensuring you get the vitamins and minerals your body needs.

SHOULD I CONSIDER A SUPPLEMENT?

The majority of adults in the United States take one or more dietary supplements either every day or occasionally. If you don't eat a nutritious variety of foods, some supplements might help you get adequate amounts of essential nutrients. But remember, supplements can't take the place of the variety of foods that are important



to a healthy diet. It's a good idea to talk with your doctor about any vitamin or supplement you're taking.

Today's dietary supplements include vitamins, minerals, herbals and botanicals, amino acids, enzymes, and many other products. Dietary supplements come in a variety of forms: traditional tablets, capsules, and powders, as well as drinks and energy bars. Popular supplements include vitamins D and E; minerals like calcium and iron; herbs such as echinacea and garlic; and specialty products like glucosamine, probiotics, and fish oils.

All products labeled as a dietary supplement carry a Supplement Facts panel that lists the contents, amount of active ingredients per serving, and other added ingredients (like fillers, binders, and flavorings). The manufacturer suggests the serving size, but you or your health care provider might decide that a different amount is more appropriate for you.

